



Your health information now has an online home

Personal Health Record

Keeping track of your health information can be a challenge. Let your Personal Health Record to do the work for you.

One place, one record

Your Personal Health Record is where much of your important health information is stored. This includes your:

- Family health history
- Immunizations
- Prescription and over-the-counter medicines
- Doctors
- Allergies
- Blood pressure, weight, blood sugar and cholesterol numbers
- Tests, procedures and more

When you visit the doctor or fill a prescription your plan covers, the information goes right into your Personal Health Record. You can add other health information yourself. This may include family history or over-the-counter medicines you take. You will have a more complete picture of your health as you fill in more details. This makes your Personal Health Record more useful to you and your doctors.

How your Personal Health Record can help you

There are many ways to use your Personal Health Record.

- Share it with your doctor. The Health Summary is your “home page.” It’s your health information at a glance. You decide what goes into your summary and what you share with doctors. Print it out and take it with you or share it securely online before your visit.

- Keep track of when you are due for important checkups. Use it to remember when to get preventive screenings like a mammogram or colonoscopy.
- Stay on top of your care. Based on your health profile, you may get alerts that spot potential medical problems, possible drug interactions or ways to improve your care.
- Track important health numbers. See how your blood pressure, blood sugar, weight and other health markers change over time in clear, easy-to-understand graphs and charts.

Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own Products.

Benefit Options
Choice Value Health



It's easy to get started

Members can visit www.aetna.com and create a user name and password on our secure Aetna Navigator® member website.

The Personal Health Record is here to help you better manage your health. Keep it up-to-date and share it with your doctors. Together you can make the best decisions about your health.

Your information is secure

You control who sees your information because you need your user name and password to access your Personal Health Record. You can choose to share it with family members and caregivers, in addition to your doctors.

Manage your family's health information, too

The Personal Health Record is available to employees who enroll in an Aetna health benefits or health insurance plan. Your covered family members have separate Personal Health Records. As the plan subscriber, you can access and add information to the Personal Health Record of any covered family members under age 18. You can give your covered spouse this access, too.

Take it with you

If you change coverage, change jobs or your employer stops offering the Personal Health Record, it's easy to transfer your information to Microsoft® HealthVault™. Take advantage of the many tools and resources it offers. You can also save a copy your information to a computer as a PDF file. E-mail it to caregivers or relatives, as you choose.

To make the most of your Personal Health Record, keep it up to date.

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. The Aetna Personal Health Record should not be used as the sole source of information about the member's medical history. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 8/07, GR-23 and/or GR-29/GR-29N.

